

Abide

A 3 Day Devotional To Recenter Your Heart In God

Learn to Remain in Christ's Love and Rest

LivingLimitLyss



Abide

to remain, to stay near, to dwell, and to continue in Christ

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”– John 15:4-5 (ESV)

Remaining in Christ and dwelling on who He is are essential to our spiritual health.

Abiding in Christ and His character keeps you aligned with His heart.

The more you remain in Him, the better you'll take on Christ's likeness—growing in fruitfulness and resting in God's peace.

Over the next 3 days, you will **Reconnect** with, **Remain** in, and **Respond** to God through Christ by the Holy Spirit.

This will happen by slowing down, taking some breaths, and intentionally turning your heart towards God.

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”– Colossians 2:6-7 (NIV)

You'll learn to intentionally live in Christ—abiding in Him, rooting yourself in Him, and allowing God to build you up in Him by the power of His Son and the Holy Spirit.

How This Devotional Works

Each day will have an anchor Scripture to dwell on throughout the day. It may even be of benefit to try memorizing the scripture or part of it. By doing so, you'll practice abiding in His Word and allowing God to write His Word on your heart.

You'll also be guided through the meaning of each Scripture—what it reveals about God and how it shapes the way you walk in obedience throughout your day.

And you'll close every day with a reflection question and a prayer, helping you posture your heart toward Christ through obedience and continual communion with God.

DAY 1 — RETURN

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her”– Luke 10:42 (NIV)

Meaning

In Chapter 10, verses 38-42, Jesus comes to the home of Martha and her sister Mary.

Martha does what she believes is best and busies herself by serving Jesus, but Mary chooses to rest at His feet and listen to Him. Then Martha complains that Mary isn't helping her serve Him, and Jesus' reply was simple:

“Mary has chosen better, and it will not be taken from her.”

Jesus wasn't being ungrateful to Martha for her service, but instead challenged what Martha had assumed was good and obedient. There was nothing wrong with Martha's desire to serve Jesus through works, but Jesus praised Mary for her faith and posture towards Him.

Each sister loved Christ, but Mary chose to serve the Lord with her full attention, and Martha chose to serve Him by her own labor. Both are good, but note that Jesus says, “what Mary has chosen is better.”

The goal isn't to *never* be like Martha; the goal is to **first** respond like Mary.

Because to sit at Jesus' feet is never wasted time.

Mary's actions were of devotion and reverence that is far greater than anything we could ever offer to God through works. We have to listen to God before we can obediently respond to Him.

God is never far from us; He is near and actively pursuing you, but you can easily miss out on His presence or experiencing Him more fully if you don't slow down and intentionally tune into Him.

Abiding begins by turning your attention back to God and listening.

Application

Take some time to slow down and be still.

Ask yourself:

“Where in my life have I been more like Martha than Mary this week?”

Ask God to reveal to you anything that may have been distracting you.

Sit and reflect for a few minutes, then write down those distractions and pray this prayer:

“Lord, return my attention to You. I want to return to You.” Then choose one thing to intentionally place back under God’s authority today.

Remember that distractions are normal and will happen, but the goal is to keep returning.

God is the Center

Jesus came to their home, sat down, and began talking with them.

He didn’t wait to be invited, seated, or even to be responded to. He was patient with Martha and led her to respond.

God initiates nearness; our only responsibility is to respond by drawing closer. His Spirit will always draw us back to Him.

And Christ is the One who enables us to return each time more confidently than the last.

Prayer

Lord, You are near, holy, and worthy of my full undivided attention. Thank You for inviting me back to You again and again. Forgive me for the things that I have allowed to steal my focus away from You. Help me draw near today, abide in Your Son, and recognize Your presence.
In Jesus’ name, amen.

DAY 2 — REMAIN

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”– John 15:4-5 (NIV)

Meaning

I have repeated the scripture from the beginning because it's the best summary of what abiding in Christ truly means.

I used a different translation, however, as ‘abide’ can feel a bit abstract, whereas ‘remain’ complements the meaning while making it easier to understand.

Remaining in Christ means to have consistent dependence on Him, not perfection. Dependence on Christ is yielding to Him as Your sovereign Lord and relying on Him as Your gracious Savior.

Note that He says “I remain in you,” “No branch bears fruit by itself,” and “you must remain for apart from me you can do nothing.”

Do any of those statements sound one-sided?

No. God will not leave you to fend for yourself.

To remain in Him is not a ‘thing to do’, it's a posture to keep. God is saying He is already in you. That means you are already in Him.

Now you must intentionally remain and rest there.

Like branches on a vine, their only job is to exist as an extension of the vine. If a branch is cut off or broken from the vine, it cannot and will not do anything.

God provides life, Christ provides the connection; all we must do is surrender to it.

Application

Remaining doesn't have to be difficult or 'perfect,' and it doesn't need to look a certain way.

Develop a habit of daily abidement:

- Read and meditate on scripture
- Whisper small prayers about anything throughout the day, just make sure God is the focus
- Replacing anxious or negative thoughts with God's truth
- Reflect on your spiritual posture around midday, as that tends to be when we drift

Notice that the habit of abiding revolves around God. His Word, His truth, our posture towards Him. That is what keeping the focus on God means. He comes first, we come second.

John the Baptist understood this well:

“He must increase, but I must decrease.”– John 3:30 (ESV)

Think of it like the Earth prioritizing the Sun because without the Sun, the Earth dies. God is our sun, and we are supposed to revolve around Him. He sustains us, so His increase is for our good.

Ask yourself, 'Where is there too much of me and not enough of God?'

Then invite God to help you put Him first in that area of your life.

God is the Center

God is the reason for everything good.

Let that anchor you in all that you do and believe.

Fruit is produced by God, strength is produced by God, and faith, love, peace, joy, and hope are all produced by God.

Our role in it all is not to help Him but to accept this truth and walk in it. Through abiding (remaining) in Him, not our own efforts.

It goes:

God is the source, Christ is the way, and the Spirit is the guide. We are His faithful children.

And remember that God sustains what He begins, and He has begun a good work in you, so you must trust that.

Prayer

Lord, You are my source, my strength, and my purpose. Thank You for sustaining me today. Forgive me for any time I try to live life by my own strength and effort. Keep me connected to You and abiding in You throughout this day, amen.

DAY 3 — RECIEVE

“If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.”– John 15:7-8 (NIV)

Meaning

Abiding postures us to receive what God has already made available.

God has already provided everything we need to be obedient to Him and follow His instruction.

Through His Word, we have access to God, His wisdom and knowledge, Truth, and spiritual guidance to grow our faith and balance our lives.

Receiving what God gives us is not transactional but relational.

Asking for “whatever you wish” does not translate to “your wish is my command.” God does not owe us anything.

Instead, He says, “If you remain in me and my words in you,” which translates to “if you are aligned with His will and desire what God desires.”

So, what will be done for you is what is meant for you. God is good and loving and much wiser than we are, so we can trust that whatever He means for us is for our ultimate good.

God cares about what you want, but what we want is not always beneficial to us, so as we abide in God, He changes our desires.

Meaning – *continued*

Receiving is the other side of abiding. Our relationship with God can be summed up by those two sides, abiding and receiving.

That's what children are supposed to do.

A child abides in their parents, and as long as they do, they receive from their parents love, care, and joy.

God our Father is a perfect parent who continually emphasizes that our role as His children is to remain in Him and receive all that he has for us.

We are still accountable and must still have reverence for God, as that is a part of both abiding and receiving. We don't abide out of selfishness, and we don't receive like spoiled children.

We abide because, like good children, we love our Father and desire to obey Him.

We receive in humility the understanding that God's grace and mercy are extended to us not because we did anything to deserve it but because of His Love.

Peace, strength, clarity, and all other good things flow from that Vine, so you don't need to strive for fruit, but you do need to stay near Him and desire the fruit He will produce in you.

Application

Take a minute to reflect on this question:

‘In what area of my life am I resisting God’s help, and why?’

Then identify what you need to receive from God today or in this season. Do you need:

- Peace
- Wisdom
- Strength
- Comfort
- Direction
- Self-control

Write a short sentence naming that desire and surrendering it to God.

Your application here isn’t to do anything but recognize where you need God’s help and then trust that He will help you.

Keep God as the Center

Fruitfulness is God’s work in us, not our accomplishment.

Christ is the One who produces that change and transforms us, and it is by the Holy Spirit we are empowered and led to do what God has commanded.

God is the Heart-center of our spiritual health and maturity.

We not only do not get to boast in our own fruitfulness, but we also don’t need to worry about developing it, as it's truly the Lord’s fruitfulness showing through us.

If we remain in Him and desire the fruit He gives, God has promised to grow and bear fruit in us.

Prayer

Lord, You are faithful and abundantly generous!

Thank You for giving freely to Your children because You love us.

Forgive me for ever resisting Your help or taking pride in work that I have not done.

Please help me to receive whatever You bless me with and help me to walk in it today.

In Your Son's name, I pray, amen.

REST & Abide

“Truly, my soul finds rest in God; my salvation comes from him. Truly, he is my rock and my salvation; he is my fortress, I will never be shaken.” – Psalms 62:1-2 (NIV)

“As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.” – John 15:9-11 (NIV)

Meaning

To **Rest** is a natural outflow of abiding; it's not laziness, and it's not 'nothing' but harnessing a spiritual calm through trust in God.

And as the Psalmist said, God is the only place your soul will find true rest.

To **abide** in Christ's love, as John 15:9-11 explains, is to obediently keep His commands.

This is how you reorient your heart, steady your soul, and fill your life with God's presence. By listening and responding to God.

Obedience, therefore, is the clearest expression of abiding.

REST & Abide

Reflection

The spiritual journey you have taken over the last three days was significant.

Even if you don't feel a difference, I promise you the seeds of faith have been planted—a good work has begun.

God is working with all the faith you have shown just by continuously showing up. I encourage you to take what you learned from this journey of abidement in Christ and build it into a habit.

Remember that you are His child and your relationship with Him is one of childlike love and faithful obedience.

Practice returning to God, remaining in His love, receiving His blessings, and resting in His peace.

Even just working on taking notice of God and having intentional awareness of His presence daily is a good start. That could simply look like saying, 'Lord, I trust that you are with me.'

Final Application

If you want something small to practice developing a daily rhythm, try:

- Reading a short scripture (even just a single verse)
- Whispering simple prayers throughout your day
- Taking a minute or two for stillness and just resting in His presence

I want you to hold onto at least one scripture from this devotional, whichever resonated most with you.

Consider writing it down, using it as a prayer over the next few days or weeks, and trying to commit it to memory. This is what abiding in His Word looks like.

Lastly, if God revealed to you an area where you need to relinquish control so you may rest in him and trust His power is sufficient, then I challenge you to start working on that now.

Remember that you don't have to be perfect; you just need to be intentional. Keep returning, and God will meet you there.

REST & Abide

God is Always the Center

God initiates, leads, and empowers the whole relationship. He only asks that we respond, follow, and trust Him as He continues to draw us near.

Final Prayer

Father God, thank You for drawing close to me and growing my desire to draw closer to You. Please continue to sustain me and help me abide in Your Son and His love. You've promised to give me rest and Your peace, which is beyond understanding, and I'm choosing to trust You and Your promises.

Help me to keep trusting You, keep returning to You, and keep abiding in You. Open my spiritual eyes so I can see You in my life and open my spiritual ears so I can better hear Your voice.

Please remain faithful to me as You grow my faith and help me realign with You as often as I need. In Jesus' name I pray and give thanks, amen.

Thank you for spending these last few days abiding in Christ with me. My prayer is that the rhythms you began here continue to shape your faith, draw you closer to God, and strengthen your walk with Him.

If this devotional has blessed you and encouraged your heart, then keep an eye on your inbox.

There will be lots more Christ-centered devotionals and faith-building encouragement coming your way!

“He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

— Philippians 1:6 (NIV)